

ACTIVE DYNAMIC WARM-UP

Pillar Prep ¹	Circuit	Time	Distance	Reps	Rest
Plank on Elbows	4	15 sec.			
Side Plank (right)	4	15 sec.			
<u>Bridge</u>	4	15 sec.			
Side Plank (left)	4	15 sec.			
Movement Prep	Sets	Time	Distance	Reps	Rest
World's Greatest Stretch				1	
World's Greatest Stretch Reverse Lunge				1 6 ea side	
				1 6 ea side 6 ea side	

Exercise

LACICISC						
Battle Ropes ²	Circuits	Time	Distance	Reps	Rest	
<u>Cockscrews</u>	2	30 sec.			30 sec.	
Large Waves	2	30 sec.			30 sec.	
<u>Power Jacks</u>	2	30 sec.			30 sec.	
Agility	Sets	Time	Distance	Reps	Rest	
<u>"T" Drill</u>				2	30 sec.	

Note 1: "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

Note 2: "Battle Ropes" is a circuit program = (Perform: "Cockscrews", then "Double Waves", then "Power Jacks". Then repeat circuit.

ELASTICITY and STRENGTH 3

Exercise

	oticing
S	Alternating
ute	Plyo Push l
Minutes	Body Weig
20 N	Reverse Pelt
~	Split Squat

LXCICISC					
Strength Circuit #1	Circuits	Time	Distance	Reps	Rest
Alternating DB Press	2-3			5-8	
Plyo Push Up	2-3			8-12	
Body Weight Rows	2-3			5-8	
Reverse Peltier Slams - MB	2-3			8-12	
Split Squat	2-3			5-8 each side	e
Jump Squat	2-3			8-12	

Exercise

Exercise					
Strength Circuit Alt#1 - TRX	Circuits	Time	Distance	Reps	Rest
<u>Push up Pike</u>	2-3			5-8	
Plyo Push Up	2-3			8-12	
Body Weight Rows	2-3			5-8	
Reverse Peltier Slams - MB	2-3			8-12	
Split Squat	2-3			5-8	
Jump Squat	2-3			8-12	

Note: If you are struggling with Pull-Ups, utilize the TRX Force - Pull Up program in place of this section of this workout.

CONDITIONING

	S
	ല
	3
ı	9
	⋝
ı	ш

Exercise					
ESD	Sets	Time	Distance	Reps	Rest
<u>Versa-Climber</u>		10-20 sec.		5-12	30-60 sec.
Tread Mill		10-20 sec.		5-12	30-60 sec.
Box Drill				5-12	30 sec.

Exercise					
ESD	Sets	Time	Distance	Reps	Rest
<u>"T" Drill</u>				5-12	30-60 sec.
Sleds		10-20 sec		5-12	30-60 sec.
Prone 5-10-5 Drill				5-12	30-60 sec.

Note: "ESD" Is a high intensity, maximal effort, anaerobic interval training. Choose 1 exercise modality. The work ratio is 10 to 20 seconds while the rest ratio is 30 to 60 seconds. Slowly progress the number of repetitions as tolerated.

RECOVERY

ses	•
t	(
Min	
5 1	
	ı

Rest

Ex	er	ci	se	

Exercise					
Stretches ³	Sets	Time	Distance	Reps	Rest
Calves and Hamstrings		30 sec.			
Hipflexors and Quads		30 sec.			
<u>Adductors</u>		30 sec.			
Hip Rotation and Posterior		30 sec.			
Bretzel		30 sec.			
90/90 Shoulder		30 sec.			

Note 3: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.